



**RUTHERFORD  
COUNTY  
DEPARTMENT  
OF AGING/  
SENIOR CENTER**

*A North Carolina Certified  
Center of Excellence*

193 Callahan-Koon Rd,  
Suite 132  
Spindale, NC 28160  
828-287-6409

Monday  
7:30 a.m. – 5:00 p.m.

Tuesday – Friday  
8:30 a.m. – 5:00 p.m.

**JULY 2014**

**OUR MISSION:**  
Rutherford County  
Senior Center  
provides opportunities  
for senior adults to  
help them maintain  
and enhance their  
quality of life.



A UNITED WAY  
MEMBER AGENCY

# THE SENIOR CENTER NEWSLETTER

FROM DIRECTOR ANGELA EZELL'S DESK:

We all strive for independence no matter how old we are. But as we age the one thing that almost everyone fears is the loss of independence. We spend most of our childhood and adult years trying to achieve independence. However, as we age we may lose the ability to drive, make decisions, and do many activities of daily living by ourselves. We take many things for granted that we are able to do on our own each day. Most people want to be on their own and to be able to make their own decisions. Asking for help is not something that comes easily to most people. Losing independence can be detrimental to someone and can lead to other problems.

Depression is very common when someone begins to lose their independence. Many older adults do not want to bother their children or other family members because of their busy schedules. It is imperative for family members to check on an elderly family member and monitor how they are handling the loss of independent activities. Safety in the home is another concern that is compromised when someone is unable to take care of themselves. Making simple changes to the home such as installing smoke detectors, providing adequate lighting, and eliminating tripping hazards can help make their home a safer place.

There are several community resources that can help an older adult stay independent as long as possible. Transportation, grocery shopping, help getting to the pharmacy, and in home assistance are a few of the things that could help the elderly population. Accessing these community resources is quite simple. The staff at the Senior Center can provide information and referral for these needed services. The Senior Center is also a place for community members to gather to offer support to each other, a place where services and activities can enhance independence and encourage involvement. Research indicates that keeping seniors physically, mentally, socially and emotionally engaged can help them retain better cognitive function, stay healthier and live independently longer.

Everyone wants to remain at home for as long as possible. You can help a person that is losing their independence by providing additional support and helping them to connect with community resources that are available. Remember that the staff of the Rutherford County Senior Center is ready and willing to assist.





## REMINDER PRE-REGISTER FOR LUNCH

TO ENSURE THAT YOU WILL BE SERVED LUNCH, PLEASE PRE-REGISTER BY 12:00 NOON THE DAY BEFORE YOU PLAN TO EAT. For your convenience, you may pre-register up to 4 weeks in advance by using your MySenior scan card. If circumstances change and you are UNABLE to come on a day that you have pre-registered for, just call the Senior Center at 287-6409 before 9:30 a.m. and cancel.

### VOLUNTEERS NEEDED:

Volunteers are always welcomed and needed at the Senior Center. Current volunteer opportunities include:



### MEALS ON WHEELS VOLUNTEER:

Volunteers are the backbone of Rutherford County Senior Center's Meals on Wheels program. Approximately 2,000 meals are delivered each month to an average of 90 participants of this worthwhile program.



In addition to delivering a fresh, hot meal each weekday, the Meals on Wheels volunteer is providing a "mini visit" and a warm, friendly smile to individuals who might not see anyone

on a daily basis. Please contact Angela Ezell at 287-6411 for information on how to become a volunteer with Meals on Wheels.

### SENIORS' HEALTH INSURANCE INFORMATION PROGRAM (SHIIP) VOLUNTEER:

SHIIP volunteers help seniors at the Rutherford County Senior Center with questions regarding

Medicare, Medicare supplements, Medicare claims processing, Medicare Advantage, Medicare prescription drug plans, and long-term care insurance. Please contact Angela

Ezell at 287-6411 for more information on how you can become a certified SHIIP counselor today.



### YOGA CLASS CANCELLED:

JULY 1 & 8

### SQUARE DANCE CLASS

CANCELLED: JULY 3

### SENIOR CENTER & SATELITES CLOSED:

FRIDAY, JULY 4

The Senior Center strives to offer free programs and services that will best meet the needs of the aging adults in Rutherford County regardless of economic status, race, creed, education, or other circumstances. Anyone 55 or older can become involved in our activities. For more information call 287-6409.

### ZUMBA

Days: Monday – July 14, 21, 28

Time: 5:30 p.m.

Instructor: Wavolyn Norville

When attempting to "tone up" or lose weight, finding exercise that is fun, easy, and modifiable for different fitness levels is crucial to a person's success. Zumba is a great choice because it combines fun dance moves and upbeat music – some people say they "do not even feel like they are exercising!" Wavolyn is a "pro" at showing modifications to each movement, so no matter what your fitness level is you can achieve your maximum workout – and have fun doing it!



### SQUARE DANCE CLASS

Day: Thursday, July 10, 17, 24, & 31

Time: 4:00 p.m. \*NOTE NEW TIME\*

Anyone aged 55+ can participate – members invite a guests to join you for this fun new class!



### "THINGS TO REMEMBER WHEN CALLING 9-1-1"

Day: Tuesday, July 1 Time: 10:30 a.m.

Speaker: Lt. Tammy C. Aldridge, Director of Rutherford County Communications/911

When someone has to call 911 they are usually upset and in state of panic; compound that with the uncertainty of exactly what to expect when their emergency call is answered, and it can make calling 911 an intimidating process! Today's program will help prepare you with knowledge of what to expect when your 911 call is answered, examples of questions the 911 operator will ask you, as well as, helpful tips – such as, call from a landline vs. a cell phone whenever possible, remain calm and answer questions clearly and accurately in order to expedite your call and gather all the necessary information. This program is excellent information for all age groups; please feel free to invite friends, family members, grandchildren, etc. to learn more about 911 and its services.



### "RED, WHITE, & BLUE" B-I-N-G-O

Day: Tuesday, July 1 Time: 1:00 P.m.

Start celebrating the 4<sup>th</sup> of July holiday a wee bit early by joining us today to play "Red, White, and Blue" Bingo. What makes this bingo "independent" from other bingos? All the prizes will be red, white, or blue!





## **"BEEN THERE DONE THAT"**

**Day: Wednesday, July 2 Time: 10:30 a.m.**

This fun activity will be a great way to get to know your senior center friends a little better, as well as, provide everyone with a lot of laughs. Some examples of questions that might be asked are: "How many of you have ever pretended to be somebody else?"

"How many of you have ever met someone famous?" or "Who has ever got in trouble at school?" This is sure to become a Center favorite!

## **WEAR RED, WHITE, AND BLUE DAY THURSDAY, JULY 3**

Let's see who can be the most creative and patriotic today by wearing red, white and blue. Remember the Center will be closed tomorrow in observance of our Country's Independence Day. We hope everyone has a safe and happy 4<sup>th</sup>!



## **"USE IT OR LOSE IT"**

**Day: Thursday, July 3 Time: 10:30 a.m.**

"I'm sure everyone has heard the saying, "use it or lose it." Well that saying doesn't apply just to the muscles in the body - it also applies to the mind. We all need to exercise the brain to maintain mental health. So put your thinking caps on and join us today as we provide a variety of brain challenges and fun exercises to help boost your brain fitness. You will have a good time, laugh with friends, and your "brain" will have a great workout as well!

## **SNOW CONES**

**Day: Thursday, July 3 Time: 1:00 p.m.**

**Location: Dining Room Cost: .50**

A snow cone is always a refreshing treat, but especially so on a hot July day! In a pre-4<sup>th</sup> of July celebration join us after lunch for a red, white, or blue snow cone. Which is your favorite flavor? Or maybe you want to try a mixture of all three to get you into the patriotic spirit!

## **SR GAMES COMMITTEE MEETING**

**Date: Monday, July 7 Time: 10:30 a.m.**

The Senior Games Committee will meet for a very important meeting today. We ask that all committee members please make every effort to attend this required meeting for our sanctioning application.

### **STATE FINALS DEADLINE:**

If you plan to participate in the 2014 state finals in Raleigh this fall your registration is due by August 1. This is the final deadline - no late applications will be accepted. See Barbara if you have questions or need a registration form.

## **ARCHERY PRACTICE**

**Date: Tuesday, July 8 Time: 10:00 a.m.**

Ready; Aim; Shoot...your arrows at the target under the guidance and supervision of our master archer Jim Venerra. Jim will be set up today for anyone who would like to practice your archery skills. Since adding archery to our list of events in the senior games it has become one of the favored events. If you have never tried archery, then this is a golden opportunity for you to give it a "shot." (Equipment is provided.)

## **"MEDICATION EDUCATION"**

**Date: Wednesday, July 9 Time: 10:30 a.m.**

**Speaker: Tom Martin, RPH**

Tom Martin currently serves as the Clinical Pharmacist for the Carolina Community Health Partnership, which is one of the 14 networks that make up Community Care in North Carolina. Tom is a board certified Pharmacotherapy Specialist, a Certified Diabetes Educator, and a Diplomat of the National Asthma & Respiratory Training Center. Join us today as Tom presents a program on medication education, medication reactions, and safety.

## **"ALTERNATIVE TREATMENTS"**

**Date: Thursday, July 10 Time: 10:30 a.m.**

**Speakers: Stephanie Ingle, MSW, LCSW, Behavioral Health Coordinator and Suzanne Porter, Community Engagement Team Coordinator**

Stephanie and Suzanne will discuss alternative treatments and their providers for various ailments. Then come back tomorrow from 9 to 11 for information and hands on demonstrations from various alternative treatment providers.

## **ALTERNATIVE TREATMENT DEMONSTRATIONS**

**Date: Friday, July 11 Time: 9:00 – 11:00 a.m.**

Paul Marks - acupuncture

Marie Chan – yoga

Michelle Craft – massage therapy

Chris Burley – chiropractor

Patty Whitaker – behavioral therapy



## **"OPERATION MEDICINE DROP"**

**Date: Friday, July 11 Time: 9:00 – 11:00 a.m.**

Bring your unused and/or expired prescription and over-the-counter medications for proper and safe disposal. This helps prevent accidental poisonings, drug abuse, and groundwater contamination. Equally important—it also helps ensure your unneeded meds won't fall into the wrong hands.



## BLOOD PRESSURE CHECK

**Date:** Monday, July 14

**Time:** 9:00 – 11:00 a.m. sharp

**Sponsor:** Rutherford Regional Health System

Don't forget to pick up your BP record card at the front desk to have your reading recorded on. Rutherford Regional Medical System is very gracious to allow one of their employees to come and provide this free service for us; therefore, we need to be accommodating and understand they have obligations and need to get back to work in a timely manner. **NOTE: NO CARDS WILL BE GIVEN OUT AFTER 10:45 SO THIS EVENT CAN WRAP UP AT 11:00 SHARP.**

## COLD LASER TREATMENT

**Date:** Tuesday, July 15 **Time:** 9:00 – 11:00 a.m.

**Dr. Drew Morris (Carolina Chiropractic)**

**Pre-registration is required – sign-up sheet posted outside Barbara's office**

A cold laser is a non-surgical treatment tool used by a licensed physician to help relieve knee pain caused from a knee injury, degeneration, arthritis knee pain, etc. Today Dr. Morris will discuss and demonstrate the benefits of laser therapy for knee pain management, healing of chronic and acute knee injuries, and arthritis in the knee. Remember if you would like to sample a cold laser knee treatment, you must have pre-registered beforehand.

## PATRIOTIC TEA PARTY

**Date:** Wednesday, July 16 **Time:** 9:30 a.m.

Join friends today and share a cup of your favorite tea and delicious goodies at July's patriotic themed tea party. Be patriotic when planning your outfit and treat that you will bring to share with everyone! Please sign the sign-up sheet at the front desk if you plan on attending.

## MEDICARE FRAUD & SCAMS

**Date:** Thursday, July 17 **Time:** 10:30 a.m.

**Speaker:** Diane Trainer, SHIP Senior Medicare Patrol Outreach Specialist

The Seniors' Health Insurance Information Program or SHIP was set up through North Carolina's Department of Insurance in Raleigh to counsel, educate, and assist with all things Medicare related. Today's special program will focus on "Medicare Fraud and Abuse, Understanding the Medicare Summary Notice, current scams targeting seniors, and the importance of protecting one's identity, along with tips on how to prevent becoming a victim of scam artists." Useful materials will be distributed for your reference and/or so you can share.

## PLAY AUDITIONS

**Date:** Thurs, July 17 & Fri, July 18

**Time:** 1:00 p.m. each day **Director:** Robert Judd

Come one, come all to open auditions for "a starring role" in the Senior Center's annual play. This year's play, which will be held in October, is "Murder in the Magnolia's." It is a delightful comedy that begins with Colonel Rance Chickenwing kicking the bucket, and leaving the secret of his buried treasure to a houseful of demented relatives. With a cast of characters that parody almost every Southern play ever made, and sprinkled with the flavor of "Gone With the Wind" this year's play is sure to be a hilarious success!

## RECIPE CLUB

**Date:** Monday, July 21 **Time:** 10:30 a.m.

July is National Blueberry Month, so in recognition to this delightful fruit we are asking the Recipe Club to bring your favorite blueberry recipes to share. Blueberries are grown in 35 states across the United States – and the U.S. production equates to over 90% of all the blueberries grown in the world. According to research, foods rich in antioxidants are supposed to help reduce your chances of getting cancer and heart disease. Blueberries have one of the highest antioxidant levels, according to the North American Blueberry Council of over 40 fruits and vegetables that were tested.

## "VIALS OF LIFE"

**Date:** Tuesday, July 22 **Time:** 10:30 a.m.

**Speaker:** Chad Arrowood

The "Vial of Life" speaks for you when you can't speak or don't feel well. It is a free service and kit that only costs you a little time, but one that could save your life! This lifesaving kit is recognized by firefighters and emergency medical technicians nationwide. It quickly tells emergency personnel important medical information, such as medications, ailments, insurance, hospital and physician information. The kit includes 2 decals, 2 information sheets with program directions, 1 plastic bag and a magnetic clip. Be here today to learn more about the free program and to receive a free Vials of Life kit.



## "B-I-N-G-O"

**Date:** Tuesday, July 22 **Time:** 1:00 a.m.

Twice in one month! Come out for a fun game of BINGO this afternoon in our cool building. It's a great way to beat the heat and have fun at the same time!





## MEET AND EAT

**Date:** Tuesday, July 22 **Time:** 5:15 p.m.

**Location:** Scoggins Seafood & Steak – 300 Chimney Rock Rd, Rutherfordton

**Pre-registration is required – the sign-up sheet is outside Barbara's office**

Who doesn't enjoy having a good meal at a local restaurant with friends? Join us tonight at Scoggins Seafood & Steakhouse for some delicious cuisine. Note: You are responsible for paying for your own meal.

## WOUND CARE CENTER

**Date:** Wednesday, July 23 **Time:** 10:30 a.m.

**Speaker:** Dr. Lassiter

Dr. Lassiter is Board Certified in Family Medicine and has Primary Training in Hyperbaric Medicine at Richland Hospital in Columbia, SC. Join us today to hear the most current treatments offered at the Wound Care Center. A time for questions will follow.

## CHAIR VOLLEYBALL

**Date:** Thursday, July 24

**Time:** 10:30 a.m.

Chair Volleyball is FUN, it will make you laugh, AND you will get some good exercise for your upper body as well! Join us today for a Center Favorite!

## ICE CREAM SHOP

**Date:** Thursday, July 24 **Time:** 1:00 p.m.

**Cost:** .50 per scoop & .10 per topping

Join us after lunch today for a Senior Center favorite – our very own **ICE CREAM SHOP**. We will have a large variety of delicious toppings. YUMMY!

## MEET THE STAFF

**Date:** Friday, July 25 **Time:** 10:00 a.m.

There have been many new participants who have joined the Senior Center's family since our last "Meet the Staff" program; therefore, it is an excellent time for new (and past members also) to come and learn more about the Center's staff and their job responsibilities, as well as services and referral programs available at the Senior Center. A question and answer time will end the program.

## TRIP TO FARMER'S MARKET

**Date:** Tuesday, July 29 **Time:** 9:30 a.m.

**Pre-registration required on sheet outside Barbara's office. Van riders – limited to first 11 who sign up**

Who doesn't love fresh fruit and vegetables? Today we will travel to our local Farmer's Market where you can purchase delicious locally grown items. Sign up quickly, this one is sure to fill up fast!

## FARMERS MARKET COUPONS

The Seniors Farmers' Market Nutrition Program provides congregate nutrition site participants with coupons to purchase fresh fruits and vegetables from the local farmers markets.

**To be eligible for these coupons you must be: a participant in Rutherford County's Senior Center congregate meal program, age 60, a resident of Rutherford County, and monthly income levels cannot exceed \$1,799 for an individual or \$2,425 combined per couple.** Each coupon is valued at \$3 and seven are given to each eligible participant, for a total of \$21 worth of coupons. These coupons have to be used by October 15, 2014. Lost or stolen coupons cannot be replaced. Change cannot be given if a participant buys less than \$3.00 increments of produce. However, if a participant purchases an amount in excess of the value of the coupon(s), he/she may pay the difference to the farmer. You may purchase only fresh fruits and vegetables. You may not use these coupons for baked goods, crafts, cooked foods, honey, eggs, plants, or other non-food items. **WE HAVE A LIMITED SUPPLY OF THESE COUPONS AVAILABLE. TO BE FAIR TO ALL, A LOTTERY WILL BE HELD OF ALL THE NAMES SUBMITTED.**

## "THIS WAS THE YEAR.....1967"

**Date:** Tuesday, July 29

**Time:** 10:30 a.m.

Join us today for a fun activity that will test your brain to remember all you can about the year 1967. We will share some interesting facts about that year and give you an opportunity to share your personal memories from that time period, as well.

Do you remember that 1967 was the year that....

- The plastic milk bottle was introduced.
- Gas was a whopping 33 cents a gallon!
- "All You Need is Love" by the Beatles was released.

## CRAFTING WITH CRYSTAL

**Date:** Wednesday, July 30

**Time:** 10:30 a.m.

**Cost:** \$1.00

**Pre-registration is required – sheet posted outside Barbara's office**

Crystal will be demonstrating and assisting crafters in making 2 pretty plant accent stakes for your house plants. Plant stakes are a quick and easy way to add color and fun to your potted plants.





## SPECIAL SPEAKER: DR LUTHER PERSON

**Date: Thursday, July 31 Time: 10:30 a.m.**

Dr. Person is a graduate of University of Michigan Medical School. He served in the Air Force and did his radiology training at Travis Air Force Base in Northern California. He then served at Elmendorf Air Force Base in Anchorage, Alaska before moving to Rutherford County in 2006 with his wife and children. Dr Person currently practices radiology at Rutherford Regional Medical and has served on the Hospital Board since 2011. Today Dr. Person will discuss several screening exams such as Mammography, Aortic Ultrasound, and Bone Densitometry. He will also have a time for questions concerning these screening exams and/or other radiology/imaging topics.



## BIRTHDAY RECOGNITION

**Date: Thursday, July 31 Time: 11:30 a.m.**

Today we will recognize all those who celebrated July birthdays.

## ADDITION TO EXERCISE ROOM

By now most of you have had a chance to use the new NuStep T5 Recumbent Cross Trainer located in the Center's exercise room. This innovative fitness machine provides a total body workout with a smooth and natural stepping motion that includes extended step length, as well as an advanced ergonomic design. Features include: a large color LCD display with 8 workout programs; a sturdy grab ring for support and safety; a comfortable 360° swivel seat with arm supports; contact heart rate handles; larger, supportive and stable foot pedals; easy arm adjustments; and a low step-through design. NuStep is the leader in developing total body exercise systems that are safe, effective, and easy-to-use. Many NuStep users have transformed their lives through exercise – even when they were unable to use other traditional exercise equipment. **Thanks again to all the sponsors and guests for our Parade of Tables Fundraiser this past February – the money raised helped to purchase this NuStep T5!**



## HOSPICE VOLUNTEER TRAINING

**Date: July 14-16 Time: 10:00 a.m. – 3:00 p.m. Location: Carolina Event & Conference Center**

**374 Hudlow Rd, Forest City TO REGISTER: 245-0095**

There are many volunteer opportunities with Hospice of Rutherford County such as: patient/family, resale shop, administrative, Faith in Action, Veteran-to-Veteran, special events, pet therapy, grounds/maintenance, dining assistance, cosmetology, greeters, and many more. Call to register for their summer session today.

## EXTRA HELP - MEDICARE SAVINGS PROGRAM

Medicare recipients with limited income and assets may qualify for money-saving programs, called EXTRA HELP and MEDICARE SAVINGS PROGRAM.

These programs may save you money on the following:

### EXTRA HELP

- Medicare Prescription Drug premiums
- Medicare prescription drug deductibles and copays

### MEDICARE SAVINGS PROGRAM

- Medicare medical covered deductibles and copays
- Medicare medical coverage premiums

For assistance call the Senior Center at 287-6409 for an appointment with a trained SHIIP counselor.



**COMING IN AUGUST:**

**SCAM JAM**

**AFFORDABLE CARE ACT**

## JULY 2014 - ELLENBORO CONGREGATE MEAL PROGRAM

<u>LOCATION:</u> Bethel Baptist Church 479 Main St, Ellenboro Telephone: 453-8668		9:00 Walking & Exercise 1 10:00 "Colors" Word Search 11:00 Bingo	9:00 Walking & Exercise 2 10:00 Discussion - Fireflies 10:30 Word Search 11:00 Chat time w/ Director	9:00 Walking & Exercise 3 10:00 Dress in Red, White & Blue 11:00 Ice Cream Party	4 <b>CLOSED FOR INDEPENDENCE DAY</b>
9:30 Walking & Exercise 7 10:00 "Dog Days" Crossword Puzzle 11:00 Bible Trivia	9:00 Walking & Exercise 8 10:00 Word Search 10:30 Bible Trivia 11:00 Bingo	9:00 Walking & Exercise 9 10:00 Moth balls in my attic 10:30 "A visit to the Dentist" Word Search	9:00 Walking & Exercise 10 10:00 Famous July People 10:30 "Pizza Parlor" Word Search	9:30 Walking & Exercise 11 10:00 Blood Pressure Check 10:30 Trivia Plus 11:00 Word Search	



CONT. ELLENBORO CONGREGATE MEAL PROGRAM CALENDAR				
9:30 Walking & Exercise 14 10:00 Word Search 11:00 Word Teasers	9:00 Walking & Exercise 15 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 16 10:00 Laugh Lines 10:30 Word Search	9:00 Walking & Exercise 17 10:00 Word Search 11:00 B'day Recognition	9:30 Walking & Exercise 18 10:00 Blood Pressure Check 10:30 This was yr-1998
9:30 Walking & Exercise 21 10:00 Word Search 11:00 Word Teasers	9:00 Walking & Exercise 22 10:00 Word Search 11:00 Bingo	9:00 Walking & Exercise 23 10:00 Sadie Hawkins 10:30 Word Search	9:00 Walking & Exercise 24 10:00 Word Search 11:00 Person, Place, Thing	9:30 Walking & Exercise 25 10:00 Blood Pressure Check 10:30 Hot Dogs
9:30 Walking & Exercise 28 10:00 Celebrate Milk – Chocolate Milk 11:00 "Family" Word Search	9:30 Walking & Exercise 29 10:00 Purple Cow Day – Dress in Purple 11:00 Bingo	9:30 Walking & Exercise 30 10:00 Your favorite book 10:30 Word Search	9:30 Walking & Exercise 31 10:00 "The Record Player" Word Search 11:00 Bible Trivia	

## JULY 2014 - HENRIETTA CONGREGATE MEAL PROGRAM

<b>LOCATION:</b> Henrietta 1 <sup>st</sup> Baptist Church 2736 Harris-Henrietta Rd Site Manager: Kay Aldridge Telephone: 657-5441	9:00 Coffee & Chatter 1 9:30 Piano Music w/ B.Moore 10:00 National Graham Cracker Day – Serve Crackers 10:45 Walking Inside	9:00 Coffee & Chatter 2 9:30 Piano Music w/ B.Moore 10:00 Dog Days of Summer 10:45 Walking Inside	9:00 Coffee & Chatter 3 9:30 Piano Music w/ B.Moore 10:00 Scattergories 10:30 Walking Inside 10:50 Bingo	4  <b>CLOSED FOR INDEPENDENCE DAY</b>
9:30 Blood Pressure Ck 7 10:00 Craft Time – July Craft 10:30 Summertime Humor 10:45 Walking Inside	9:00 Coffee & Chatter 8 9:30 Piano Music w/ B.Moore 10:00 Doggie Jokes 10:45 Walking Inside	9:00 Coffee & Chatter 9 9:30 Piano Music w/ B.Moore 10:00 Word Search 10:45 Walking Inside	9:00 Coffee & Chatter 10 9:30 Piano Music w/ B.Moore 10:00 Scattergories 10:30 Walking Inside 10:50 Bingo	9:30 Walking Inside 11 10:30 Biblical History w/Barbara Moore 10:50 Bulletin Board Trivia
9:30 Blood Pressure Ck 14 10:00 4 <sup>th</sup> of July Trivia Questions 10:45 Walking Inside	9:00 Coffee & Chatter 15 9:30 Piano Music w/ B.Moore 10:00 "V" for Victory Sign 10:45 Walking Inside	9:00 Coffee & Chatter 16 9:30 Piano Music w/ B.Moore 10:00 Favorite picnic foods 10:45 Walking Inside	9:00 Coffee & Chatter 17 9:30 Piano Music w/ B.Moore 10:00 Scattergories 10:30 Walking Inside	9:30 Walking Inside 18 10:30 Biblical History w/Barbara Moore
9:30 Blood Pressure Ck 21 10:00 This was the year.....1998 10:45 Walking Inside 11:00 Sea Shore Humor	9:00 Coffee & Chatter 22 9:30 Piano Music w/ B.Moore 10:00 History of the Hot Dog 10:45 Walking Inside	9:00 Coffee & Chatter 23 9:30 Piano Music w/ B.Moore 10:00 Ice Cream Cone Day 10:45 Walking Inside 11:00 Summer Camp	9:00 Coffee & Chatter 24 9:30 Piano Music w/ B.Moore 10:00 Scattergories 10:30 Walking Inside 10:50 Bingo	9:30 Walking Inside 25 10:30 Biblical History w/Barbara Moore 11:00 Recognition of July Birthdays
9:30 Piano Music w/ B.Moore 28 10:00 This was the yr- 1974 10:45 Walking Inside 11:00 National Milk Chocolate Day – Serve Chocolate	9:00 Coffee & Chatter 29 9:30 Piano Music w/ B.Moore 10:00 Favorite Salad Recipe – Bring yours to share 10:45 Walking Inside	9:00 Coffee & Chatter 30 9:30 Piano Music w/ B.Moore 10:00 Recalling Favorite Foods Served in July 10:45 Walking Inside	9:00 Coffee & Chatter 31 9:30 Piano Music w/ B.Moore 10:00 Scattergories 10:30 Walking Inside 10:50 Bingo	

## JULY 2014 - SHINGLE HOLLOW CONGREGATE MEAL PROGRAM

<b>Shingle Hollow Comm. Cntr</b> 2630 Cove Rd, Rutherfordton Site Manager: Joyce Bailey Telephone: 287-0960	9:00 Coffee & Chatter 1 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 2 9:30 Word Search 10:00 Walking 10:30 Craft/ 4 <sup>th</sup> July Flowers	9:00 Coffee & Chatter 3 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet	4  <b>CLOSED FOR INDEPENDENCE DAY</b>
9:30 Coffee & Chatter 7 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 8 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 9 9:30 Word Search 10:00 Walking 10:30 Craft	9:00 Coffee & Chatter 10 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet	9:30 Coffee & Chatter 11 10:00 Word Search 10:15 Walking 10:50 Bingo 10:30 Blood Pressure Check
9:30 Coffee & Chatter 14 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 15 9:30 Choir 10:00 Walking 11:00 Recognize July B'days	9:00 Coffee & Chatter 16 9:30 Word Search 10:00 Walking 10:30 Craft Time	9:00 Coffee & Chatter 17 9:30 Word Search 10:00 Walking 10:30 Craft Time	9:30 Coffee & Chatter 18 10:00 Word Search 10:15 Walking 10:50 Bingo 10:30 Blood Pressure Check
9:30 Coffee & Chatter 21 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 22 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 23 9:30 Word Search 10:00 Walking 10:30 Craft Time	9:00 Coffee & Chatter 24 9:30 Word Search 10:00 Walking 10:30 Learn How to Crochet	9:30 Coffee & Chatter 25 10:00 Blood Pressure Check 10:15 Christmas Party 10:50 Bingo
9:30 Coffee & Chatter 28 10:00 Walking 10:50 Singing 11:00 Biblical History	9:00 Coffee & Chatter 29 9:30 Choir 10:00 Walking 10:30 Word Search	9:00 Coffee & Chatter 30 9:30 Word Search 10:00 Craft Time		



## SENIOR CENTER ADVISORY BOARD MEMBERS:

President, Kim Freeman; President-Elect, Junior Johnson;  
Wanda Harris; Robert Judd; Jeanette Klutts; Grace Quick; Lila Simpson; Sybil Walker  
Ex Officio members, Carl Classen; Bill Eckler

## SENIOR CENTER STAFF:

**Angela Ezell, Director**

Diane Allen, Nutrition Coordinator/Home-Delivered Meals Coordinator Sandy White, Nutrition Assistant  
Mary Street, Food Service Supervisor Carolyn Jamerson, Food Service Assistant  
Helen Hamilton, Alex Goodman, Title V Food Service Workers  
Louann Camilletti, Senior Center Site Manager Susan Toney, Ellenboro Site Manager  
Kay Aldridge, Henrietta Site Manager Joyce Bailey, Shingle Hollow Site Manager  
Ron Atchley, Michael Carpenter, Ronnie Driver, Charles Hill, Meal Deliveries  
Barbara Hill, Activity & Senior Games Coordinator Crystal Upton, Activity & Senior Games Assistant  
Debbie Conard, Administrative Assistant/Transportation Coordinator Michelle Smith, Data Entry  
Selena McEntrye, Title V Morning Receptionist Lynn Scruggs, Title V Afternoon Receptionist  
Wanda Bland, Exercise Instructor Frank Ensley, Custodian Lee Henderson, Title V Custodian  
Amideus Athougies, SHIP Counselor



RUTHERFORD COUNTY SENIOR CENTER  
193 CALLAHAN-KOON RD, SUITE 132  
SPINDALE NC 28160

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